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A WAY TO USE SOUR CREAM

Summer thunderstorms do not sour milk, as many persons once believed, but summer is the season for sour milk or sour cream. At the right stage of sourness, all of it can be put to good use.

For example, the tragedy of soured cream may be turned into a culinary triumph if the homemaker uses it for a baked fish dish, or for baked veal chops or cutlets. Fish and veal are often seasoned with lemon and butter or other extra fat. The acid of slightly soured cream corresponds to the lemon and the cream supplies the fat, explains Miss _____ of the _____
(Name) (State)
Extension Service.

For the baked fish, dry-meated kinds like fillets of haddock or halibut steaks, are preferable. The method is to season the pieces of fish with salt, and put them in a very hot oven for about 5 minutes. Then sour cream is added to cover. Dry bread crumbs are sprinkled over the top, and the whole is baked at moderate temperature until the fish is tender and the crumbs are brown. Veal chops or pieces of cutlet are first pan-broiled and then baked in the sour cream.

Gravy made with part or all sour cream is extra good with fried chicken or with chipped beef or fried tomatoes. Sour cream sauce goes well with snap beans and spinach. It is made by thickening and seasoning some of the cooking liquid from the vegetable and then adding the cream.

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